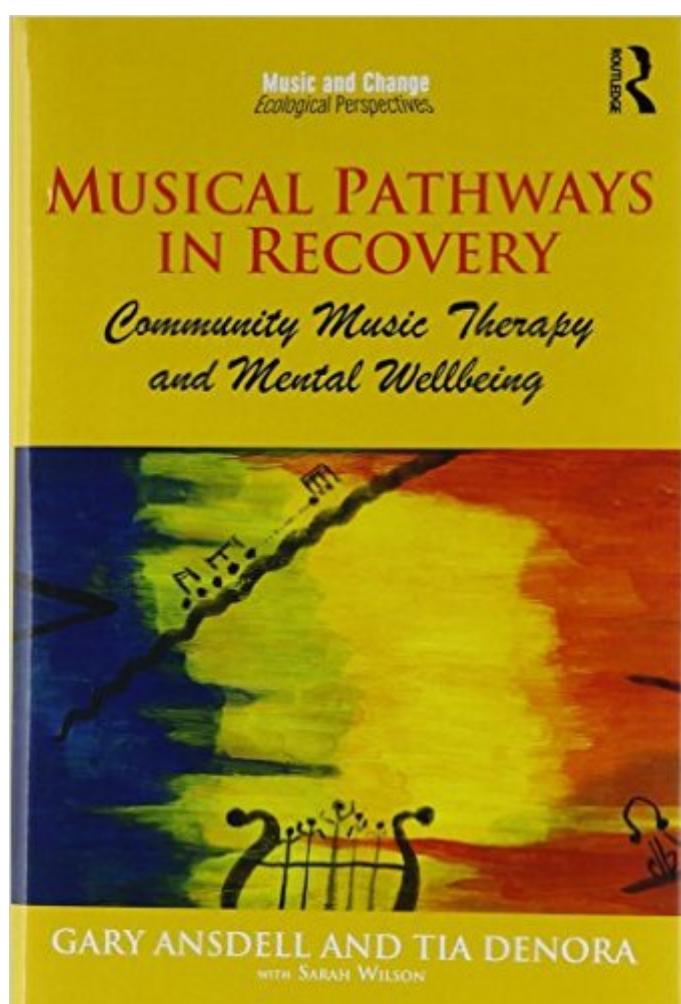


The book was found

Musical Pathways In Recovery: Community Music Therapy And Mental Wellbeing (Music And Change: Ecological Perspectives)



Synopsis

"Music triggered a healing process from within me. I started singing for the joy of singing myself and it helped me carry my recovery beyond the state I was in before I fell ill nine years ago to a level of well-being that I haven't had perhaps for thirty years." This book explores the experiences of people who took part in a vibrant musical community for people experiencing mental health difficulties, SMART (St Mary Abbotts Rehabilitation and Training). Ansdell (a music therapist/researcher) and DeNora (a music sociologist) describe their long-term ethnographic work with this group, charting the creation and development of a unique music project that won the 2008 Royal Society for Public Health Arts and Health Award. Ansdell and DeNora track the 'musical pathways' of a series of key people within SMART, focusing on changes in health and social status over time in relation to their musical activity. The book includes the voices and perspectives of project members and develops with them a new understanding of how music promotes their health and wellbeing. A contemporary ecological understanding of 'music and change' is outlined, drawing on and further developing theory from music sociology and Community Music Therapy. This innovative book will be of interest to anyone working in the mental health field, but also music therapists, sociologists, musicologists, music educators and ethnomusicologists. This volume completes a three part 'triptych', alongside the other volumes, *Music Asylums: Wellbeing Through Music in Everyday Life*, and *How Music Helps: In Music Therapy and Everyday Life*.

Book Information

Series: Music and Change: Ecological Perspectives

Hardcover: 278 pages

Publisher: Routledge; New edition edition (July 14, 2016)

Language: English

ISBN-10: 1409434168

ISBN-13: 978-1409434160

Product Dimensions: 6 x 1 x 9.3 inches

Shipping Weight: 1.5 pounds (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #848,388 in Books (See Top 100 in Books) #316 in Books > Arts & Photography > Music > Musical Genres > Ethnic & International > Ethnomusicology #616 in Books > Textbooks > Medicine & Health Sciences > Allied Health Services > Occupational Therapy #822 in Books > Medical Books > Allied Health Professions > Occupational Therapy

[Download to continue reading...](#)

Musical Pathways in Recovery: Community Music Therapy and Mental Wellbeing (Music and Change: Ecological Perspectives) Structure and Function of a Chihuahuan Desert Ecosystem: The Jornada Basin Long-Term Ecological Research Site (Long-Term Ecological Research Network Series) Celebrate Recovery Revised Edition Participant's Guide Set: A Program for Implementing a Christ-centered Recovery Ministry in Your Church The Life Recovery Devotional: Thirty Meditations from Scripture for Each Step in Recovery Meditations to Change Your Brain: Rewire Your Neural Pathways to Transform Your Life A Practical Guide to Recovery-Oriented Practice: Tools for Transforming Mental Health Care Green Smoothie Recipe Bible: 80+ Green Smoothie Recipes for Weight Loss and Wellbeing for your Bullet Style Blender Eldercare 101: A Practical Guide to Later Life Planning, Care, and Wellbeing Wellbeing: The Five Essential Elements Ecological Research at the Offshore Windfarm alpha ventus: Challenges, Results and Perspectives The Mental Game of Poker 2: Proven Strategies for Improving Poker Skill, Increasing Mental Endurance, and Playing in the Zone Consistently Mental Math, Grade 3: Strategies and Process Skills to Develop Mental Calculation (Singapore Math) Mental Math, Grade 2: Strategies and Process Skills to Develop Mental Calculation (Singapore Math) Mental Math, Grade 4: Strategies and Process Skills to Develop Mental Calculation (Singapore Math) The Secret of Mental Magic Tricks: How to Amaze Your Friends with These Mental Magic Tricks Today! The Nineteenth Mental Measurements Yearbook (Buros Mental Measurements Yearbook) The Origins of the Modern World: A Global and Ecological Narrative from the Fifteenth to the Twenty-first Century, 2nd Edition (World Social Change) Be the Change! Change the World. Change Yourself. Clinical Mental Health Counseling in Community and Agency Settings (4th Edition) (New 2013 Counseling Titles) Community Mental Health

[Dmca](#)